

MODULE 4: Nutrition Services

Instructions:

Carefully read over the questions and circle the most appropriate answer in the columns to the right of the question. To answer the highlighted questions please use the information gathered by the student survey. When you finish answering all the questions in the module refer to the instructions at the end of the module. *****Important***** Remember to answer and score these questions honestly. You may find that your school may have a low score, but knowing this will help you plan for improvement.

#	Questions	A	B	C	D
	Does your school offer breakfast and lunch programs?	Yes	It offers one but is currently starting the other program	It offers one but not the other	No
	If yes, do you feel the food served through these programs is generally nutritious? (If no, circle the answer in column D)	Yes, all of the food is nutritious	Most of the food is nutritious	Some of the foods are nutritious	Few or none of the foods are nutritious
	Are your school's breakfast and lunch programs accessible to all students; i.e., does your school offer free and reduced-price meals for students who meet income requirements in a way that they are not identified by other students as recipients of this program?	Yes	Some students are eligible for free or reduced meals but can easily be identified as recipients of it	There are plans to start a free and reduced-price meal program	No
4.1	How many of the following healthy foods does your school offer? <input type="checkbox"/> at least two entrees (hot food) daily for lunch <input type="checkbox"/> five foods containing whole grains offered weekly <input type="checkbox"/> two choices of fruit (or 100% fruit juice) daily? <input type="checkbox"/> two choices of vegetables daily?	Yes	Three	One or two	None
4.2	Does your school offer low-fat (1/2% or 1% fat) and skim milk every day?	Yes, both are offered	Either low-fat or skim milk is offered every day	Low-fat or skim milk is offered but not every day	Neither is offered any day

4.4	Do school meals and a la carte offerings (foods that are sold individually in the lunch line) include at least one fruit, vegetable, and low-fat dairy product everyday?	Yes, both carry all 3 of these daily	Categories both carry 1 or 2 of these daily	One of these carries some of these foods daily	Neither carries any of these, or neither carries these daily
4.5	Do most students find the healthy options in school meals and a la carte offerings (foods that are sold individually in the lunch line) appealing?	Students find most or all of them appealing	Students find about half of them appealing	Students find only some appealing	Students find none appealing OR they are not sold
4.6	Do most sites outside of your cafeteria (vending machines, stores, and concession stands) offer fruits, vegetables, and low-fat dairy products?	Yes, most or all off the sites do	About half of the sites do	Only some of the sites do	None of these sites do
4.7	How many of the following items are available in the vending machines or at the snack bar in your school? <ul style="list-style-type: none"> ○ Fruits ○ Vegetables ○ Low-fat dairy products (2%, 1%, or non fat) ○ Nuts or trail mix ○ Water ○ 100% fruit juice ○ Whole grain products (i.e. – whole wheat bread, whole wheat crackers) 	5-7	3-4	1-2	None of these items are offered
4.8	Your school tries to promote healthy food and beverage choices by how many of the following ways? <ul style="list-style-type: none"> <input type="checkbox"/> placing healthy foods in prominent positions <input type="checkbox"/> displaying nutritional information <input type="checkbox"/> offering nutritious food at better prices than food of less nutritional value <input type="checkbox"/> advertising healthy foods through menus or posters 	4 ways	3 ways	1 or 2 ways	None

4.9	In the past two weeks, how often do the majority of students feel they had enough time to eat breakfast?	Students feel they have enough time most or all days Students feel they have enough time most or all days	Students feel they have enough time about half of the days Students feel they have enough time about half of the days	Students feel they have enough time very few of the days Students feel they have enough time very few of the days	Students feel they never have enough time OR your school has no breakfast program Students feel they never have enough time OR your school has no lunch program
4.10	In the past two weeks, how often do the majority of students feel they had enough time to eat lunch?				
4.11	How often do the majority of students feel the cafeteria is clean and pleasant?	Most feel it is always clean and pleasant	Most feel it is clean about half the time	Most feel it is clean some of the time	Most feel it is never clean OR your school has no cafeteria
4.12	Your school's cafeteria has how many of the following? <input type="checkbox"/> a physical structure that does not need repair <input type="checkbox"/> tables and chairs that are the appropriate size <input type="checkbox"/> enforced rules for safe behavior <input type="checkbox"/> tables and floors that are cleaned between shifts/lunch periods <input type="checkbox"/> inoffensive smells <input type="checkbox"/> usage of appropriate practices to prevent excessive noise levels	5 to 6	3 to 4	1 to 2	None
4.13	Are clean water fountains accessible and available to all students in many areas of the school grounds?	Yes	There are some clean water fountains available and some students use them	There are few water fountains available and not many students use them	No there are no water fountains OR they are too dirty for students to use

4.14	Is the bottled water at your school sold at a more reasonable price than unhealthy beverages such as soda?	Yes my school's water is much cheaper than soda or other beverages	The water at my school is a little cheaper than the other beverages	Water is the same price as other beverages	No, water is more expensive than soda or other beverages or bottled water is not sold				
4.15	Are healthy foods at your school such as salads and deli sandwiches sold at more reasonable prices than unhealthy foods?	Yes, healthy foods are much cheaper	Some healthy foods are less expensive than unhealthy foods	Healthy foods are priced the same as unhealthy foods	Healthy foods are more expensive than unhealthy foods				
4.16	How satisfied are most of the students about the quality and variety of foods offered at school?	Most students are extremely satisfied	Most students are somewhat satisfied	Most students are somewhat dissatisfied	Most students are extremely dissatisfied				
4.17	According to the majority of students, how often do prices prohibit them from buying healthier foods rather than unhealthy ones?	Students feel that prices never prohibit them	Students feel that prices rarely prohibit them	Students feel that prices sometimes prohibit them	Students feel that prices prohibit them all or most of the time				
	ADD TOTAL circled from each column (A,B, and C)				NO POINTS (X 0)				
	Multiply the total from each column by the points shown (3,2, or 1) to find the SUBTOTALS	X 3	X 2	X 1					
	Add all subtotals to calculate the GRAND TOTAL	GRAND TOTAL=							
	Module Score = (GRAND TOTAL / 57) X 100	%							

- 1) When you finish answering all questions, add the total number of answers circled from columns A, B and C and record it at the bottom in the "ADD TOTAL" area for each column.
- 2) Multiply the column's totals by their designated points to find the SUBTOTALS.
- 3) Add the SUBTOTALS to find the GRAND TOTAL
- 4) Divide your GRAND TOTAL by 57 and multiply by 100 to calculate your module score - this will be the module score you will enter in the overall score card in the next section.